



Division of Developmental Disabilities Services

The Learning Curve

“Enhancing the Knowledge of DDDS Professionals”

Supplemental Review Questions

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The Fatal Four: Dehydration: *Four Major Challenges that Impact People with Developmental Disabilities*

Circle Either True or False

- 1) Dehydration is the loss of needed body water through the process of sweating, evaporation; or simply when the body loses more fluid than is replaced. (True or False)
- 2) Lithium is a frequent treatment for bipolar disorder or for aggressive behavior. (True or False)
- 3) Persons who have cardiac or kidney disease may need more fluid. (True or False)
- 4) Many antipsychotic medications, such as Thorazine, Haldol and Risperdal may increase an individual's amount of perspiration. (True or False)
- 5) Fluids are needed for temperature control, chemical balance and for cells to make energy and get rid of waste products. (True or False)

Fill in the Blanks

- 6) There are a long list of factors that may put people at risk for dehydration. This list includes vomiting and diarrhea, excessive sweating, fever, undiagnosed _____ and the taking of medications, such as those that are used to control blood pressure.
- 7) Speech and communication limitations prevent individuals from effectively requesting something to _____ when they are thirsty.
- 8) Implementation of a dehydration protocol includes: a) having clear instructions regarding _____ requirements, b) listing acceptable minimal amount of fluid intake/day, c) considering the need for _____ of intake and output, d) list of signs and symptoms of dehydration, and e) knowing what to do if dehydration is recognized and who to notify.
- 9) If a person is reluctant to drink fluids, offer foods high in fluid content, such as _____, watermelon, puddings, _____ or ice cream
- 10) Individuals should be encouraged to drink _____ of fluid/day: persons who weigh more must drink more; persons who weigh less need less

